

## What are diabetes problems?

Diabetes problems are health problems that can happen when you have diabetes. If your diabetes is not under control, you will have too much **glucose**,\* also called sugar, in your blood. Having too much glucose in your blood for a long time can affect many important parts of your body, such as your

- blood vessels and heart
- nerves
- kidneys
- mouth
- eyes
- feet

You can do a lot to prevent or slow down these health problems if you keep your diabetes under control.

\*See the Pronunciation Guide for tips on how to say the words in **bold** type.

This chart shows the body parts that can be affected by diabetes and the resulting health problems you may have.

Affected Body Part	Resulting Health Problems You May Have
Blood vessels and heart	<ul style="list-style-type: none"><li>• Heart disease</li><li>• Heart attack</li><li>• Stroke</li><li>• High blood pressure</li><li>• Poor blood <b>circulation</b>, or flow, throughout your body</li></ul>
Nerves	<ul style="list-style-type: none"><li>• Pain, tingling, weakness, or numbness in your hands, arms, feet, or legs</li><li>• Problems with your bladder, digestion, having sex, and keeping your heartbeats and blood pressure steady</li></ul>
Kidneys	<ul style="list-style-type: none"><li>• Protein loss through your urine</li><li>• Buildup of wastes and fluid in your blood</li></ul>
Mouth	<ul style="list-style-type: none"><li>• Gum disease and loss of teeth</li><li>• Dry mouth</li><li>• Thrush, or the growth of too much fungus in the mouth</li></ul>
Eyes	<ul style="list-style-type: none"><li>• Loss of vision and blindness</li></ul>
Feet	<ul style="list-style-type: none"><li>• Sores</li><li>• Infections</li><li>• <b>Amputation</b></li></ul>